
“Festive Family Thanksgiving Cookbook”

Yummy Mashed Potatoes

Serves 8, Preparation time 15 minutes, Baking time 1 hour and 15 minutes

8 russet potatoes, medium sized (buy one for every person)

2 Tbs. light tub margarine spread

½ cup skim milk

¾ teaspoon salt

Scrub and rinse potatoes. Pierce each several times with a fork and bake in a 400° F oven for 1 hour. (Use no foil. Don't even bother with a dish!)

Take the potatoes out of the oven when they are soft. Use pot holders to protect your hands.

Cut the potatoes down the middle. Scoop out the insides into a bowl. Mash with a large fork or a potato masher. Add the margarine and salt. Mash some more. Stir in milk. Serve warm.

Nutrition Facts Per Serving: 135 Calories, 2 g Total Fat, 18 Calories from Fat, 231 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.

